



How to Get to the IMS Retreat Center (GPS N 42 27.07 W 72 07.47) and the
IMS Forest Refuge*
(Updated July 2025)

General information

- Please arrive between 2:00–5:00pm on the opening day of your retreat. If you have never been to our Retreat Center, please arrive by 4:00pm.
- We are located about 2.2 miles north of Barre, in central Massachusetts, about 40 minutes by car from Worcester, MA, 2 hours from Boston, and 4½ hours from New York City.
- There is no single, direct public transportation service to Barre. A variety of travel options are listed below.

Ride share and carpooling

- Out of respect for the environment, we encourage ride sharing and carpooling.
- See our website ride board – <https://www.dharma.org/ride-share> – for ride sharing. Please use it to offer or find rides, as well as to share vans from and to the airport. The current password is “Peace25” (or call us for the latest one).
- If you can offer a ride, please post it on our ride board. If you need a ride, check there for offers or post your need.
- If you know of others who may be attending the same retreat, please try to organize carpooling or ride- sharing.

By air and van (via Boston)

- Major airlines fly into Boston’s Logan Airport, the most convenient location for onward transportation to IMS.
- Knight’s Airport Limousine Service provides service from Logan Airport to IMS, sometimes with stops along the way. Private van service is also available for up to 10 passengers. There is also the option of a town car for up to three people. Call 800-822-5456 or visit www.knightslimo.com for current prices and to make a reservation. NOTE: Knight’s offers a 10% discount for people coming to IMS. The discount code is Profile ID 247082, online booking code INMEDSOCI (all capital letters).
- Keep in mind that if one or more of the people in your party has a delay in arrival time, Knight’s is unable to delay departure of the van.

By bus or train, then taxi (via Worcester)

- Take a bus or train to Worcester, MA, with any of the following services:

Peter Pan
800-343-9999
www.peterpanbus.com

Greyhound
800-231-2222
www.greyhound.com

Amtrak
800-872-7245
www.amtrak.com

- Then take a taxi to IMS.

1. Relaxie Taxi - CASH ONLY, though the owner is investigating the use of credit cards, PayPal and Venmo. Cold & hot drinks always offered at no additional cost. Call Tony at 774-696-1298.



2. Worcester Yellow Cab provides a 24-hour service from Worcester to IMS. Call them at 508-7543211.

By car

- From Worcester: Take Route 122 N to Barre (approximately 22 miles). Then refer to the “From Barre Center” directions below.
 - From Boston: Take Route 2 W to Gardner (exit 86). At traffic circle, take Route 68 S to Route 62 (approximately 9 miles). Then take Route 62 W to Barre (approximately 7 miles). Then see “From Barre Center” below.
- OR

Take I-90 (Mass Pike) to Auburn (exit 90, about 33 miles west of Route 128/95). Follow the signs for Route 12 (about 0.7 miles). Take Route 12 S (about 0.8 miles), then Route 20 W (about 1.6 miles), then Route 56 N (about 9.7 miles). Turn off at Route 122 N (left) to Barre (about 15 miles). Then see “From Barre Center” below.

- From New York/western Massachusetts: Take I-91 to I-90 (Mass Pike) E (or W if coming up I-84) to Palmer (exit 63). Take Route 32 N to Barre (approximately 25 miles). Then see “From Barre Center” below.
- From Vermont and northwestern Massachusetts: Take Route 2 E to Route 122 (exit 70) or Route 32 (exit 75). Go southeast, almost to Barre Center. Take a sharp left onto Pleasant Street and proceed 2.2 miles. IMS’s Retreat Center is on your right – a large, red brick building with tan columns, set back on a slight rise.
- From Barre Center: Take Route 122/32 N one block past the library. Where Route 122/32 makes a hard left, instead bear right onto Pleasant Street and proceed 2.2 miles. The Retreat Center is on your right – a large, red brick building with tan columns, set back on a slight rise.
- *To the Forest Refuge: Follow Route 122/32 N through the Barre town commons and past Barre Library on your left. Just after this, where Route 122/32 makes a hard left, instead bear right onto Pleasant Street. Proceed 2 miles along Pleasant Street until you reach Lockwood Road on the right. Keep an eye out for a yellow intersection sign on your right, which indicates the upcoming Lockwood crossroad. On the corner of Lockwood, you’ll see a large stone with “BCBS” engraved on it. (The Barre Center for Buddhist Studies is at the end of Lockwood Road.)
- Turn right at Lockwood Road, and then take your first left at the sign for the Forest Refuge. Proceed up the hill. Take the first right at the top of the hill and park outside the Administration building where you can unload your luggage and register, or find your welcome packet and room assignment. Once unloaded, please park your car in the designated retreatant parking area.